



## Berry-Blue Corn Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



201 kcal

BREAD

### Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1.5 cups blueberries fresh
- 1 cup buttermilk
- 1 eggs
- 1.3 cups flour all-purpose
- 0.5 teaspoon salt
- 2.5 teaspoons vanilla extract

- 0.3 cup vegetable oil
- 0.5 cup granulated sugar white
- 1 cup cornmeal yellow

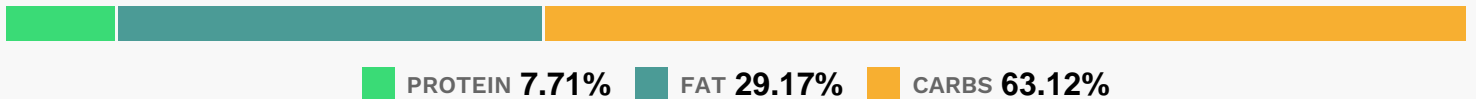
## Equipment

- bowl
- oven
- muffin liners
- muffin tray

## Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease muffin cups or line with paper muffin liners.
- In a large bowl, combine flour, cornmeal, sugar, salt, baking powder and baking soda. In a separate bowl, beat together oil, vanilla and egg. Stir egg mixture into dry ingredients alternating with the buttermilk just until moistened. Gently fold in the blueberries. Spoon batter into prepared muffin tins.
- Bake in preheated oven for 20 to 25 minutes, until golden.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:31.38, Glycemic Load:20.14, Inflammation Score:-3, Nutrition Score:5.76869563434443%

## Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin:

0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 201.45kcal (10.07%), Fat: 6.55g (10.07%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 31.87g (10.62%), Net Carbohydrates: 29.83g (10.85%), Sugar: 11.5g (12.77%), Cholesterol: 15.84mg (5.28%), Sodium: 286.1mg (12.44%), Alcohol: 0.29g (100%), Alcohol %: 0.44% (100%), Protein: 3.89g (7.78%), Manganese: 0.24mg (12.01%), Vitamin K: 12.06µg (11.48%), Vitamin B1: 0.16mg (10.65%), Selenium: 7.15µg (10.21%), Phosphorus: 85.01mg (8.5%), Fiber: 2.04g (8.17%), Vitamin B2: 0.14mg (8.1%), Folate: 32.17µg (8.04%), Calcium: 68.32mg (6.83%), Iron: 1.2mg (6.68%), Vitamin B3: 1.2mg (5.99%), Vitamin B6: 0.11mg (5.36%), Magnesium: 20.87mg (5.22%), Zinc: 0.66mg (4.38%), Vitamin E: 0.59mg (3.91%), Copper: 0.07mg (3.52%), Potassium: 104.46mg (2.98%), Vitamin B5: 0.29mg (2.91%), Vitamin D: 0.33µg (2.22%), Vitamin C: 1.79mg (2.18%), Vitamin B12: 0.12µg (2.08%), Vitamin A: 62.79IU (1.26%)